

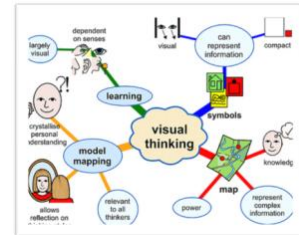
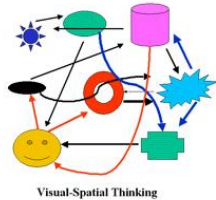
LEARNING STYLES

Simply put, “learning styles” are different approaches that we prefer to learn by.

We each have a primary style that we learn best by. We each will often use secondary styles, or a blending of styles, to support learning of certain subjects/skills -based upon our past experiences.

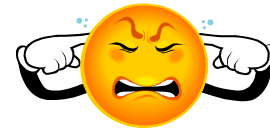
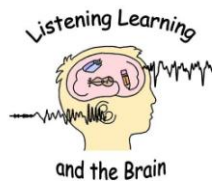
Effective curricula design supports incorporation of all three styles during course facilitation. Each learner style can be very different in delivery:

- **Visual learners: *learn through seeing* . . .**



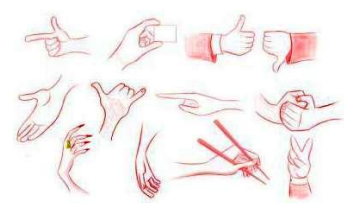
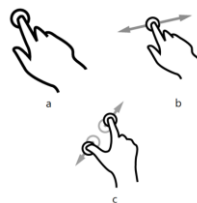
As learners, we need to “see” the teacher's body language and facial expressions to fully understand lesson content. We typically prefer to sit at the front of the classroom -avoiding visual obstructions (e.g. people's heads). We often think in pictures. We learn best from visual displays including: diagrams, illustrated books, videos, flipcharts, and hand-outs. During a lecture or classroom discussion, we will usually take detailed notes to absorb the information.

- **Auditory learners: *learn through listening*...**



As learners, we learn best through verbal lectures, discussions, debates, and listening to what others have to say. We interpret underlying meanings of speech through listening to tone of voice, pitch, speed, and other nuances. We often benefit from reading text aloud, or sometimes saying the same thing the teacher said, but needing to hear it in our own voice. Written information often has little meaning until heard.

- **Tactile/Kinesthetic learners: *learn through doing, moving, and touching*.**



As learners, we learn best by “doing” through a hands-on approach. We prefer to actively explore tasks, skills, and subjects. We find it hard to sit still for long periods. We often become distracted by our need for activity and exploration. Often, we will doodle, play with objects, twirl our hair, click a pen, tap our foot, etc. It is some sort of movement that actually helps us and allows us to learn. (We, through our movements, drive both audible and visual learners crazy!)

LEARNING STYLES

Questionnaire

This chart can help you discover your individual style.

Part one

- Read the word in the left column.
- Put an “X” within the one box (to the right) that best describes you best.

At times, you may want to place multiple Xs in categories, however, identify your primary style.

When complete, one column will typically contain a majority of X's. This is primary learning style.

When you. . .	Visual	Auditory	Kinesthetic & Tactile
Spell	Do you try to see the word?	Do you sound out the word or use a phonetic approach?	Do you write the word down to find if it feels right?
Talk	Do you mentally visualize what you are hearing as pictures or scenes?	Do you enjoy listening but are impatient to talk? Do you use words such as <i>hear</i> , <i>tune</i> , and <i>think</i> ?	Do you gesture and use expressive movements? Do you use words such as <i>feel</i> , <i>touch</i> , and <i>hold</i> ?
Concentrate	Do you become distracted by untidiness or movement?	Do you become distracted by sounds or noises?	Do you become distracted by activity around you?
Meet someone again	Do you forget names but remember faces or remember where you met?	Do you forget faces but remember names or remember what you talked about?	Do you remember best what you did together?
Contact people on business	Do you prefer direct, face-to-face, personal meetings?	Do you prefer the telephone?	Do you talk with them while walking or participating in an activity?
Read	Do you like descriptive scenes or pause to imagine the actions?	Do you enjoy dialog and conversation or hear the characters talk?	Do you prefer action stories or are not a keen reader?
Do something new at work	Do you like to see demonstrations, diagrams, slides, or posters?	Do you prefer verbal instructions or talking about it with someone else?	Do you prefer to jump right in and try it?
Put something together	Do you look at the directions and the picture?	Do you work best when someone explains to you how to build something?	Do you ignore the directions and figure it out as you go along?
Need help with a computer application	Do you seek out pictures or diagrams?	Do you call the help desk, ask a neighbor, or growl at the computer?	Do you keep trying to do it or try it on another computer?

Adapted from Colin Rose (1987): Accelerated Learning.

Part two (for use in your IP)

Take some time to consider the following:

- Did my “best” teacher instruct teach differently than others? Or, did they match my learning-style?
 - How was their instruction better than others?
- Considering “my” style, as compared to others, what distracts me when I’m trying to learn?
 - As an instructor, how can I support all three styles to help my students learn?

Realizing there are different learning styles can help you develop strategies for adult learning activities.

Knowing your own style may help offset weaknesses and capitalize on your strengths.